

Heat Injury Prevention Chart

Fluid Replacement Guidelines for Warm Weather Training
(Applies to average heat acclimated soldier wearing BDU, Hot Weather)

Heat Category	WBGT Index, °F	Easy Work		Moderate Work		Hard Work	
		Work/Rest	Water Intake, Qt/hr	Work/Rest	Water Intake, Qt/hr	Work/Rest	Water Intake, Qt/hr
1	78-81.9	NL	1/2	NL	3/4	40/20 min	3/4
2 (Green)	82-84.9	NL	1/2	50/10 min	3/4	30/30 min	1
3 (Yellow)	85-87.9	NL	3/4	40/20 min	3/4	30/30 min	1
4 (Red)	88-89.9	NL	3/4	30/30 min	3/4	20/40 min	1
5 (Black)	> 90	50/10 min	1	20/40 min	1	10/50 min	1

- The work rest times and fluid replacement volumes hydration volumes will sustain performance for at least 4 hours of work in the specified heat category. Individual water needs will vary approx ¼ qt or 8 ounces per hour.
- NL= no limit to work time per hour.
- Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
- CAUTION: Hourly fluid intake should not exceed 1^{1/2} quarts.**
- Daily fluid intake should not exceed 12 quarts.**
- Wearing body armor adds 5 degrees Fahrenheit to WBGT Index
- Wearing MOPP overgarment add 10 degrees Fahrenheit to WBGT Index.

Examples of Work Load Categories:

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> Walking hard surface at 2.5 mph, ≤ 30-pound load Weapon maintenance Manual of Arms Guard duty Marksmanship training Drill and ceremony 	<ul style="list-style-type: none"> Walking loose sand at 2.5 mph, no load Walking hard surface at 3.5 mph, ≤ 40-pound load Calisthenics Patrolling Individual movement techniques; i.e. low crawl, high crawl Defensive position construction 	<ul style="list-style-type: none"> Walking hard surface at 3.5 mph, ≥ 40-pound load Walking loose sand at 2.5 mph with load Field assaults Rifle bayonet training Road march > 4 mph

Note: Soldiers who are overweight, dieting, or past heat casualties are more prone to heat injuries. As a result, their activities must be closely monitored.